

REGION VII AGING SERVICES

Katie Schafer, Regional Aging Services Program Administrator

Serving: Burleigh, Morton, Kidder, Grant, McLean, Mercer, Sheridan, Sioux, Emmons, & Oliver Counties



Fall 2014



INSIDE THIS ISSUE

Page 2: ADRL Prevention Tip

Page 3: North Dakota 125th Celebration
Prevention During Cold & Flu Season
Medicare Part D Open Enrollment

Page 4: Region VII Forum on Aging Agenda

Pages 5 & 6: ND Family Caregiver Support
Program


Page 6: ND Senior Medicare Patrol

Page 7: Telephone Numbers to Know

Page 8: Upcoming Events



Region VII Newsletter compiled by WCHSC –
Aging Services Unit

Layout & design by 
Peggy Krein, WCHSC

Announcing: NEW Online Way to Report Abuse or Neglect of Vulnerable Adults in North Dakota

If you are a **mandated reporter**, which includes those professionals required by law to report suspected abuse, neglect, or exploitation of a vulnerable adult, you can now report your concerns online using a **NEW confidential website** administered by the N.D. Department of Human Services at:

<https://fw2.harmonyis.net/NDLiveIntake/>.

The reporting system is **for non-urgent concerns**. Anyone who believes a vulnerable adult (person with a substantial mental or functional disability) is at imminent risk of serious injury or death should call 911.

Reports are reviewed and responded to by Vulnerable Adult Protective Services professionals who follow-up and may gather more information to completely assess the situation, and who make referrals for appropriate supportive services to help reduce or eliminate any risk or harm to vulnerable adults.

Those who choose to report possible abuse or neglect of vulnerable adults by phone or other means can find contact information and more details on the department's website at: <http://www.nd.gov/dhs/services/adultsaging/reporting.html>.



Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.
~author unknown



ADRL Prevention Tip



Why is it Important to Eat Vegetables?

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Health Benefits

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.



Nutrients

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells which support healthy oxygen levels in the body.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption. (<http://www.choosemyplate.gov/food-groups/vegetables-why.html>)

North Dakota 125TH Celebration

North Dakota will be celebrating 125 years of statehood on November 2, 2014 with a party of the North Dakota Heritage Center & State Museum from 10 a.m. to 7 p.m.

The commemoration of the state's official 125th birthday on November 2nd will coincide with the grand opening of the new North Dakota Heritage Center. The public is invited for a full day of entertainment, demonstrations, a ribbon-cutting ceremony and more. Find a full schedule of events at: history.nd.gov/125.



The 125th Planning Committee is working with communities and organizations across the state to create additional events and promotional opportunities throughout the year. Communities are encouraged to organize their own local and regional celebrations to get everyone involved in the commemoration.



Prevention is Key During Cold and Flu Season

Health professionals are encouraging the public to take preventive measures to decrease the spread of illness during cold and flu season. In fact, the Centers for Disease Control and Prevention recommends "3 Actions to Fight the Flu":

- *Take the time to get a flu vaccine,*
- *Take every day preventative actions, including washing your hands with soap and water and if soap and water is not available use an alcohol-based hand sanitizer, and*
- *Take flu antiviral drugs if your doctor prescribes them.*

(Source: <http://www.infectioncontroltoday.com/news/2013/11/prevention-is-key-during-cold-and-flu-season.aspx>)



Medicare Part D Open Enrollment is October 15th - December 7th

Medicare Part D is a voluntary prescription drug benefit and is offered by private companies that are approved by Medicare. The Medicare Part D annual enrollment period is **October 15th - December 7th**. The North Dakota Insurance Department encourages you to compare your plan annually during this time.

The State Health Insurance Counseling Program (SHIC) offers free help with Medicare and other health insurance. Trained counselors who work through local sponsoring organizations can help answer your questions. SHIC counselors have no connection with any insurance company or product.

To schedule an appointment or to locate the SHIC program sponsor nearest you, call 701-328-2440, 888-575-6611 toll free, or 800-366-6888 TTY line. (Source: <http://www.nd.gov/ndins/shic/>)

Thursday, October 9, 2014

Region VII Forum on Aging

Hosted at the Bismarck Senior Center

315 North 20th Street

Registration 11:00 am/Lunch 12 Noon*

Program 1:00-3:30 pm

Musical Entertainment: TBD

The following speakers are scheduled following the noon meal:

❖ **Welcome and Introductions**

Katie Schafer, Regional Aging Services Program Administrator

❖ **Update from the ND Committee on Aging**

Gene Hysjulien, Chair of ND Committee on Aging

❖ **Staying Well During Flu Season**

Jody Wolf, RN Bismarck Burleigh Public Health

❖ **How is the Bakken Oil Activity Impacting Seniors?**

Deb Nelson, DLN Consulting, Vision West ND Project

❖ **Navigating Your Options: Medicare Part D Open Enrollment**

Holly Brockman, ND State Health Insurance Counseling Program

**Door Prize Drawing– must be present to win
Cookies and Coffee will be served!**

Thank you to Burleigh County Senior Adults Program for hosting!

*Note: A Title III lunch will be served. Suggested contribution for participants age 60 and over-\$3.50, under age 60-\$6.75. Call [258-9276](tel:258-9276) by October 6 to reserve a meal.





ND Family Caregiver Support Program

Is Your Senior Loved One's Home Fit for Aging in Place?

Many seniors are living the life of their dreams in their homes and hope to stay there forever. In fact, it is said that 89% of older adults desire this. Living in their own homes, that is. As family caregivers of our senior loved ones, we want that for them also since that's what they want. In order to remain comfortable and happy but most importantly safe, we need to be aware of the fitness of our senior loved ones homes. It often becomes our job to check things out and make the changes needed to be sure the homes are safe for the long haul.

Aging in Place Home Design

1. Are there steps at the front door just to get in the house or steps to climb to go to bed at night or into the basement to do the laundry? Eventually, navigating steps will be difficult if not impossible for many seniors. There should be at least one convenient entry point into the house that has no steps.
2. What dimensions are the front door and other important doors such as the bathroom? The entry door should be 36 inches wide and hallways 42 inches wide. Are the sidewalk and driveway free from broken and uneven spots that could result in falls?
3. Are all electric outlets, switches, thermostats and other important electrical features in reach of someone in a seated position? If your senior uses a wheelchair in the future, can they reach what they need to reach?
4. Are all handles lever-style, such as door handles, faucets, showers, etc. so they will be easily used by someone with physical immobility such as arthritis? Many handles and faucets are easy fixes that can be done by most do-it-yourselfers. Grab bars in key points, non-skid floors, raised toilet seats, and no-threshold shower entry should also be added to the to-do list. Do you need to install a hand held shower or shower bench now to prevent shower slips?
5. Can the windows be opened easily at a level that is accessible? Modifications should be made to allow your senior to open the windows easily in case of emergency. Keep the windows clean to allow vision in and out. Do all the door and window locks work right?
6. Are all areas well lit? Staircases, porches, basements, hallways, closets and dark corners should be lit to prevent accidents.
7. Are any handrails loose? Are the porches and floors in good repair? Are there any potential areas where a slip, trip or fall may be inevitable and corrections made? Remove throw rugs, replace worn out carpet or loose tiles, repair any popped nails, make stair treads slip proof, and install way finding lights wherever needed.
8. Does the front door have a peep hole to prevent opening it to strangers? Could a motion sensor light be installed to alert seniors when someone is approaching or turn on when they go out?
9. Is the water heater set at 120 degrees or lower to prevent accidental scalding? Are all electrical appliances in good repair and free from frayed cords? Are all the light bulbs functioning?
10. Is there a smoke detector installed and a fire extinguisher available? Have you checked the batteries in the smoke alarm lately? Do you need to install a block on the stove to prevent fires? Is there an exit plan known to all in case of emergency? Has anyone checked the dryer lint system to be sure it is free flowing as well as furnace/air conditioning filters?

11. Are there any dangerous substances stored in places that can lead to trouble such as kerosene, paint or toxic cleaning chemicals?
12. Do you have a first aid kit handy? Are there emergency supplies such as water, medications or batteries on hand if needed?

Home Seniorization

This is just the beginning of things to keep in mind. There are a multitude of other items to consider such as insulation, roof repair, gutter cleaning, bush trimming and other duties that can be scheduled with a handyman or company. Some of these items are quick fixes and others may require remodeling to be sure that your senior's home will stand up to the test of time. You will rest easy knowing that you have done all you can to keep your senior safe at home.

(by Kathy Birkett <http://seniorcarecorner.com/seniors-home-fit-aging-in-place>)

For more information about the NDFCSP, call the Aging and Disability Resource LINK. Or you may contact Katie Schafer at 701-328-8787.



ND Senior Medicare Patrol (SMP)



Medicare loses billions of dollars each year to fraud, error, and abuse. This compromises the Medicare Trust Fund, future benefits of individual beneficiaries, and the health of beneficiaries. To stop this outrageous waste of our dollars, there are things that beneficiaries can do to prevent becoming a victim of health care fraud:

- ❖ Protect your Medicare card. Treat your Medicare card like you would a credit card; Medicare cards contain your Social Security number.
- ❖ Only share Medicare and other health insurance information with your health care providers.
- ❖ Rely on your physician for medical advice and prescriptions, **not** advice or offers of free medical services from unknown callers.
- ❖ Keep records of health care visits, services, tests or equipment received. The SMP Personal Health Care Journal is a good tool for record keeping.
- ❖ Keep your Medicare Summary Notices (MSNs) and Explanation of Benefits (EOBs) to check for mistakes. Look for charges of services you did not get, double billing or billing for services your doctor did not order.
- ❖ And last, report questions or concerns about fraud or abuse of your Medicare to ND SMP.

SMP programs are the “boots on the ground” to assist beneficiaries in cases of potential fraud, errors, and abuse. **Protect. Detect. Report.** Let's work together to stop the abuse of the Medicare system.

ND SMP staff and volunteers are available to educate beneficiaries on ways to address possible Medicare fraud. SMP volunteers show beneficiaries in their community's ways to become better health care consumers, and how to recognize and combat Medicare fraud and waste of Medicare dollars. Contact Marcy Witteman, ND SMP Volunteer Training Specialist, at 1-800-233-1737 or (701) 858-3490 if you are interested in becoming a SMP volunteer.

Telephone Numbers to Know

Regional Aging Services Program Administrators

| | | |
|---------------------|----------------------|-------------------------------------|
| Region I: | Kayla Fenster | 1-800-231-7724 |
| Region II: | MariDon Sorum | 1-888-470-6968 |
| Region III: | Mary Weltz | 1-888-607-8610 |
| Region IV: | Patricia Soli | 1-888-256-6742 |
| Region V: | Sandy Arends | 1-888-342-4900 |
| Region VI: | Danelle Van Zinderen | 1-800-260-1310 |
| Region VII: | Katie Schafer | 1-888-328-2662 (local: 328-8787) |
| Region VIII: | Mark Jesser | 1-888-227-7525 |

ND Family Caregiver Coordinators

| | | |
|---------------------|----------------------|-------------------------------------|
| Region I: | Kayla Fenster | 1-800-231-7724 |
| Region II: | Suzanne Effertz | 1-888-470-6968 |
| Region III: | Mary Weltz | 1-888-607-8610 |
| Region IV: | RaeAnn Johnson | 1-888-256-6742 |
| Region V: | Laura Fischer | 1-888-342-4900 |
| Region VI: | Danelle Van Zinderen | 1-800-260-1310 |
| Region VII: | Katie Schafer | 1-888-328-2662 (local: 328-8787) |
| Region VIII: | Rene Schmidt | 1-888-227-7525 |

Long-Term Care Ombudsman Services

| | | |
|-----------------------------|--|----------------|
| State Ombudsman: | Karla Backman | 1-855-462-5465 |
| Region I & II: | Deb Kraft | 1-888-470-6968 |
| Region III & IV: | Tammy Ferderer | 1-888-607-8610 |
| Region IV: | RaeAnn Johnson | 1-888-256-6742 |
| Region V & VI: | Bryan Fredrickson or Laura Fischer (Region V) | 1-888-342-4900 |
| Region VI & VII: | Shannon Nieuwsma | 1-701-391-0563 |
| Region VIII: | Mark Jesser | 1-888-227-7525 |

Aging & Disability Resource LINK (ADRL)

Aging Services Division and Resource Link:

Options Counseling Services **1-855-GO2LINK**
(1-855-462-5465)

Vulnerable Adult Protective Services

| | | |
|---------------------------|-------------------------------------|--|
| Region I & II: | Niels Anderson & Janinne Paulson | 1-701-629-5393 or 629-5971 or 628-2925 |
| Region III: | Kim Helten | 1-888-607-8610 |
| Region IV: | Bernie Bachmeier | 1-888-256-6742 |
| Region V: | Cass County SS | 1-701-241-5747 (Option #2) |
| Region VI: | Hart Counseling | 1-701-952-8277 |
| Region VII: | Bill Willis | 1-888-328-2662 (local: 328-8868) |
| Region VIII: | Rene Schmidt | 1-888-227-7525 |

Other

| | |
|---|----------------------------------|
| AARP: | 1-866-554-5383 |
| Mental Health America of ND: | 1-701-255-3692 |
| IPAT (Assistive Technology): | 1-800-895-4728 |
| Legal Services of North Dakota: or (age 60+): | 1-800-634-5263 1-866-621-9886 |
| ND Attorney General's Office of Consumer Protection: | 1-701-328-3404 1-800-472-2600 |
| Social Security Administration: | 1-800-772-1213 |
| Medicare: | 1-800-633-4227 |
| State Health Insurance Counseling (SHIC) ND Insurance Department: Prescription Connection | 1-701-328-2440 1-888-575-6611 |
| ND Association for the Disabled NDAD (Serving all of ND) | 1-701-795-6605 |
| Alzheimer's Association: | 1-701-258-4933 1-800-272-3900 |
| ND Senior Medicare Patrol: | 1-800-233-1737 |

Katie Schafer
Regional Aging Services Program Administrator
West Central Human Service Center
1237 W. Divide, Suite 5
Bismarck, ND 58501-1208

Phone: 1-701-328-8888
Toll Free: 1-888-328-2662
Fax: 1-701-328-8900



To:

Upcoming Events

- Northern Plains Conference on Aging & Disabilities (Fargo).....October 1-2, 2014
- Region VII Forum on Aging.....October 9, 2014
- Daylight Savings Time Ends – “Turn Your Clocks Back”November 2, 2014
- Veterans Day.....November 11, 2014



MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.